

Occupational therapy home programmes for children with intellectual disability

Parents and carers leading treatment in the home

Royal College of Occupational Therapists



Specialist Section Children, Young People and Families

About my home programme

What does it help with?

How often should I do it?

Achieving my goals

15 minutes a session...

Improving my ability to do everyday things

For 15 days a month...

Improving the way my hands and fingers work

For 20 weeks!

How does it work?

1 Get my team together!

My team is made up of me, my family/carers and my occupational therapist

2 Set my goals with my team

Talk to my team about the best activities that will help me achieve my goals, fit with my routine and what is important to me

3 Work with my team to make sure my programme is working well

4 Check what I can do now



Things my family/carers and I can do to help me GROW

Make sure everyone expects the same things from the programme

Make sure that everyone is supporting each other in the family as much as possible

Use activities that my carers/parents are confident and comfortable with at home

Use my own belongings and items around the house

Keep track of what I do and that I have the equipment that I need

Set 3-5 goals with my family/carers

My family/carers and I decide what is possible for us: when, what and how long for

Meet with my occupational therapist to make sure my programme is at the right level for me, making changes where needed

